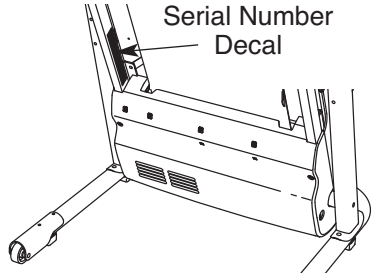
WESLO®
CROSSWALK 5.0t

Model No. 831.24822.0
Serial No. _____

Write the serial number in the space above for future reference.



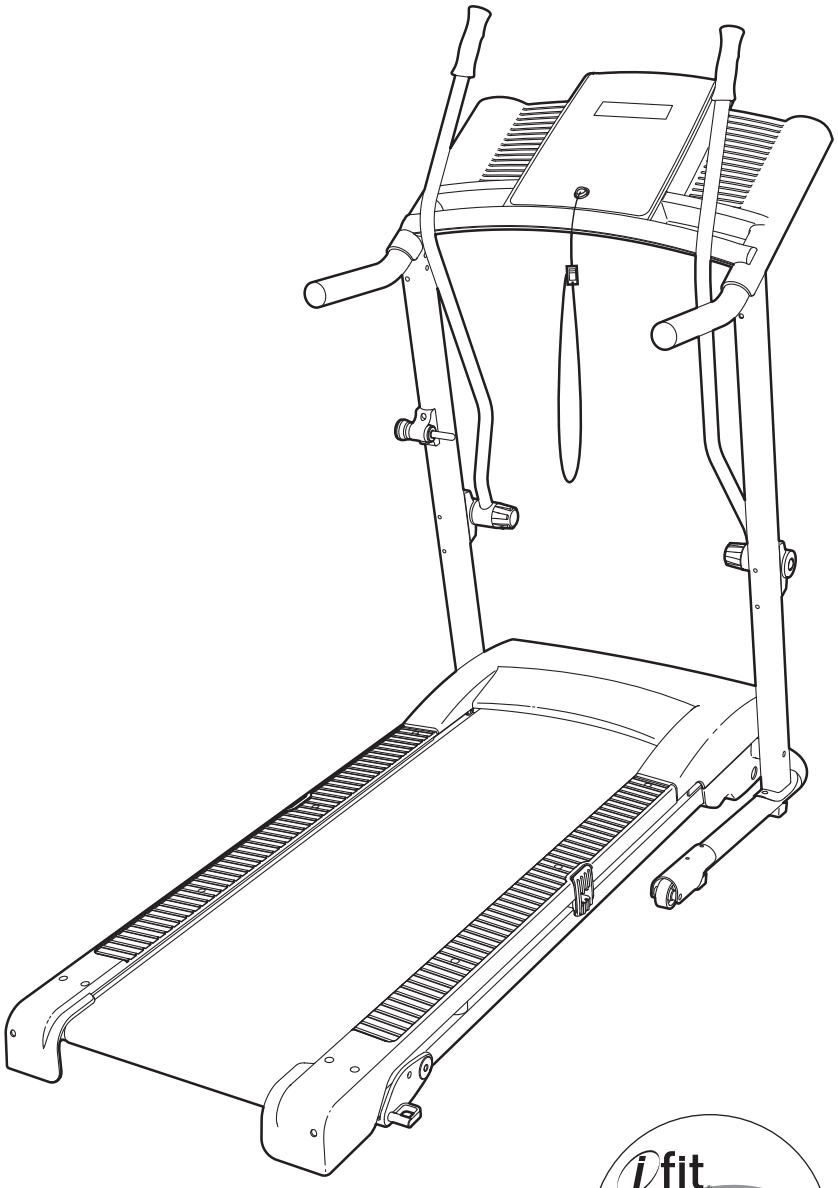
- **Assembly**
- **Operation**
- **Maintenance**
- **Part List and Drawing**

Sears, Roebuck and Co.
Hoffman Estates, IL 60179

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

TREADMILL EXERCISER
User's Manual



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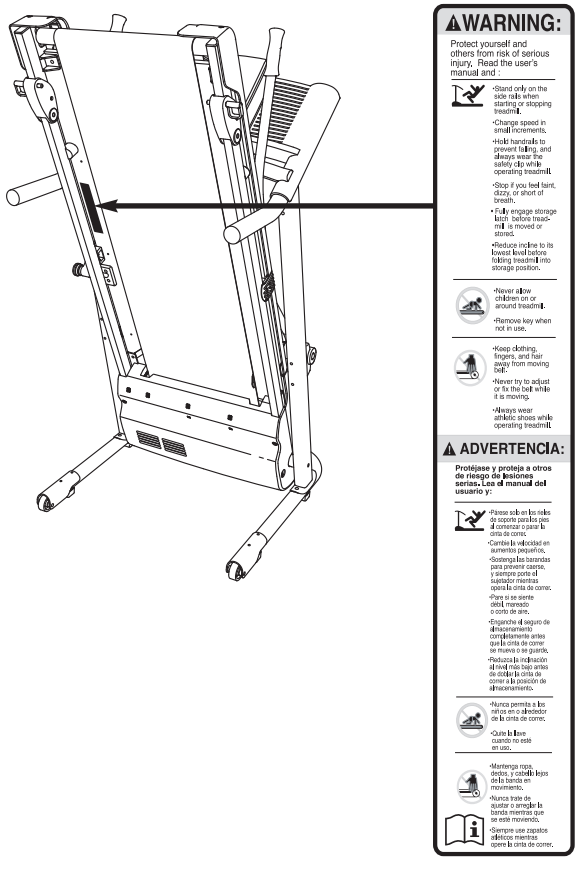
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-866-699-3756 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under age 12 and pets away from the treadmill at all times.**

8. **The treadmill should not be used by persons weighing more than 250 lbs. (113 kg).**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 11), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

12. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, see your local Sears store or call the telephone number on the back cover of this manual and order part number 146148, or see your local electronics store.**

13. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

14. **Keep the power cord and the surge suppressor away from heated surfaces.**

15. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 18 if the treadmill is not working properly.)**

16. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).**

17. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails or upper body arms while using the treadmill.**

18. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

19. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

20. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)**

21. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6 and HOW TO FOLD AND MOVE THE TREADMILL on page 17.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

22. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

23. **Do not change the incline of the treadmill by placing objects under the treadmill.**

24. **Inspect and properly tighten all parts of the treadmill regularly.**

25. **Never drop or insert any object into any opening on the treadmill.**

26. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

27. **This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.**

28. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

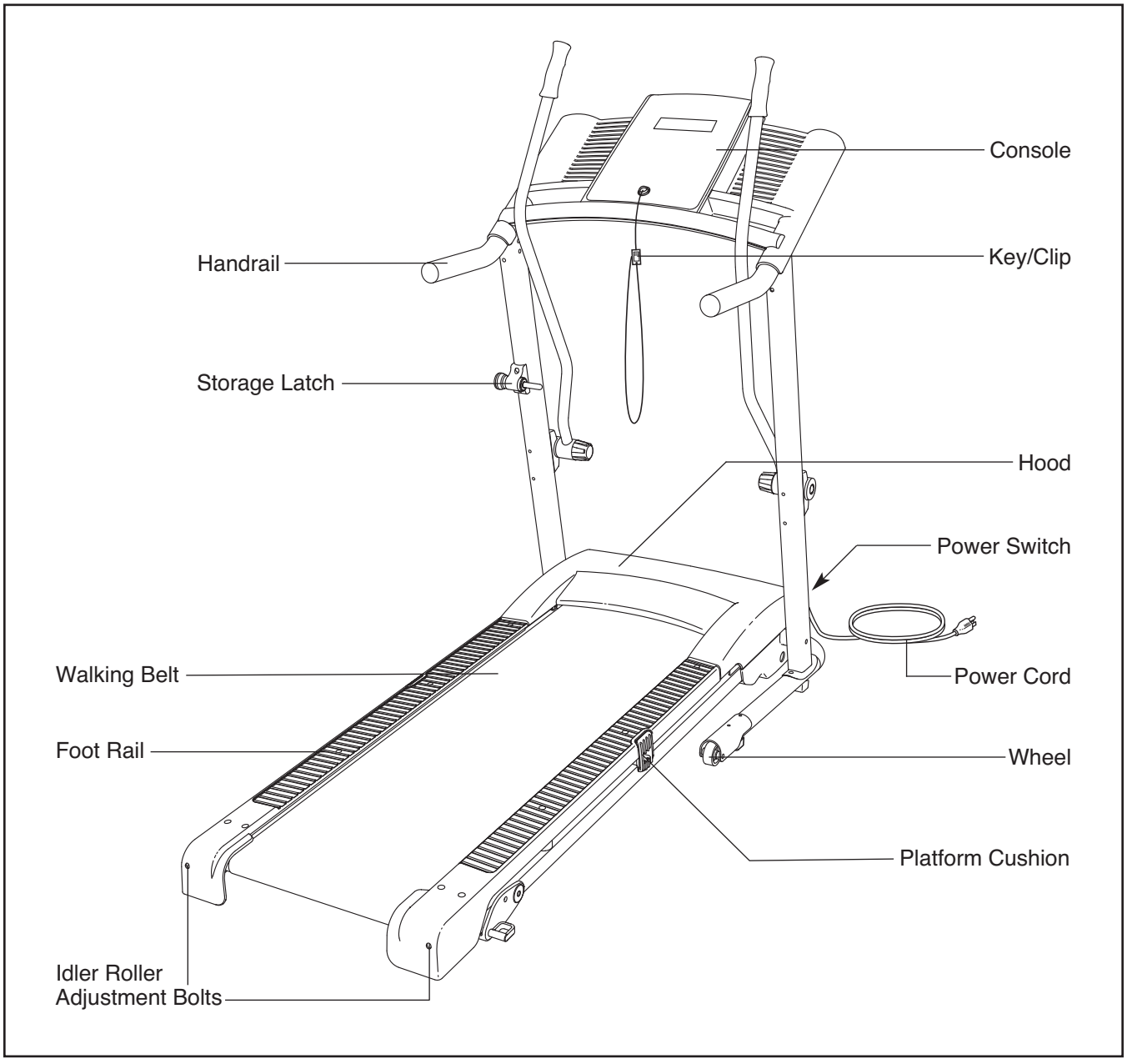
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CROSSWALK 5.0t treadmill. The CROSSWALK 5.0t treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

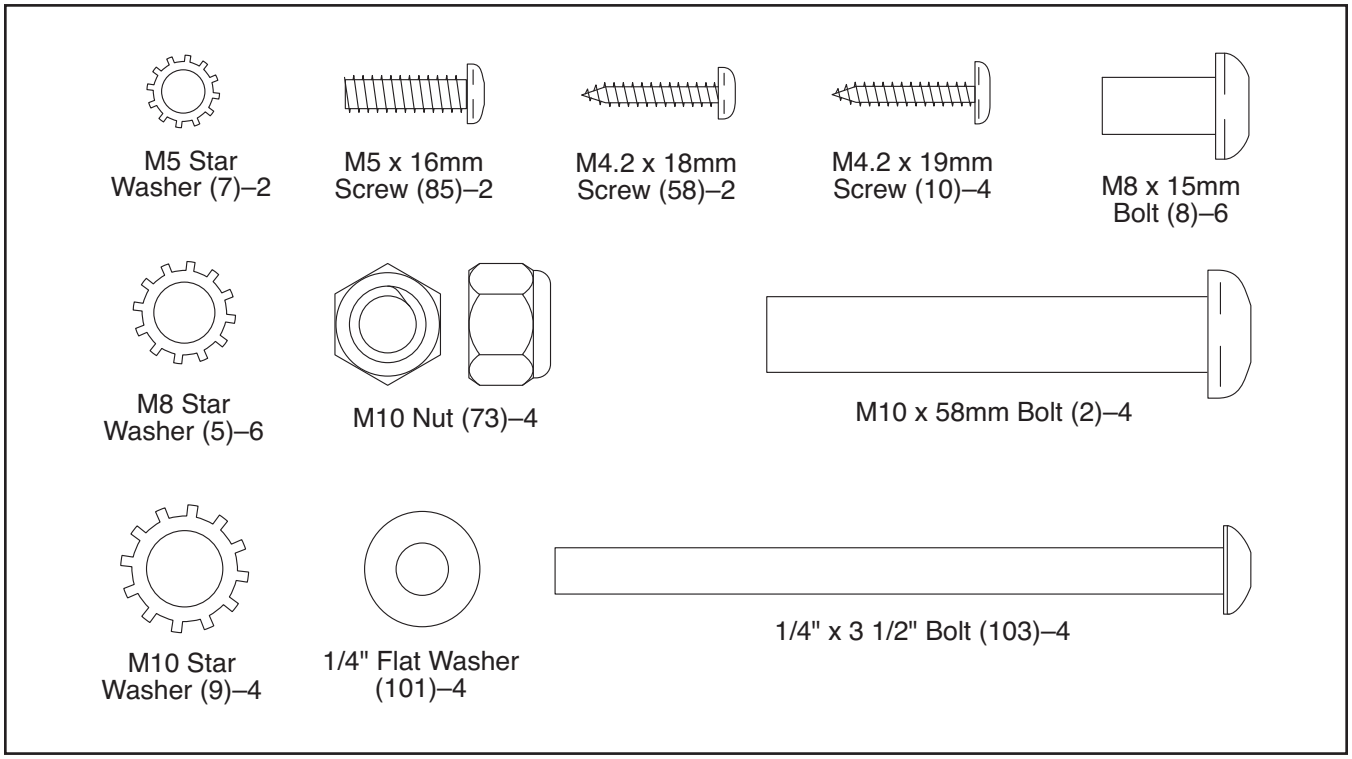


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own Phillips screwdriver , adjustable wrench , and needlenose pliers .

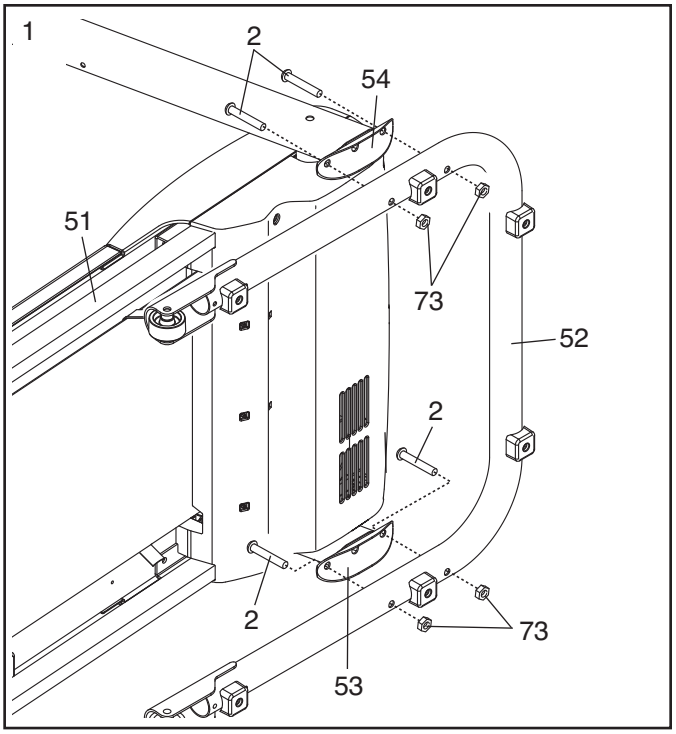
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included. If a part is missing, call 1-866-699-3756.**



1. **Make sure the power cord is unplugged.** With the help of a second person, carefully tip the treadmill onto its side. Unfold the Frame (51) away from the Uprights (53, 54).

   Orient the Base (52) as shown. Attach the Base to the Left Upright (53) and the Right Upright (54) with four M10 x 58mm Bolts (2) and four M10 Nuts (73). **Start all four Nuts, and then tighten each of them**.

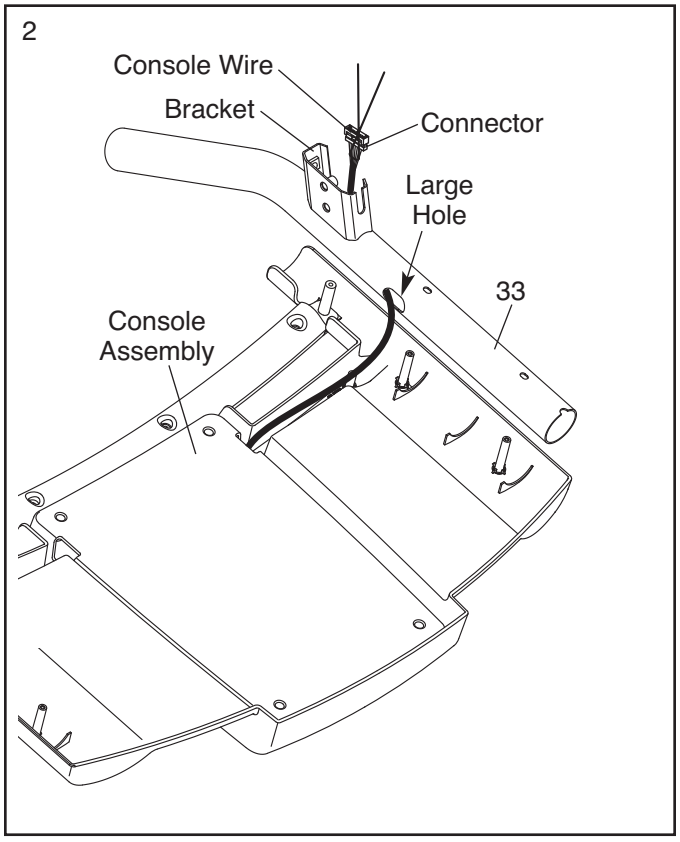
   With the help of a second person, carefully tip the treadmill so that the Base (52) is flat on the floor.



2. Set the console assembly face down on a soft surface to avoid scratching it.

   Identify the Right Handrail (33), which has a large hole in the location shown. Hold the Right Handrail near the console assembly.

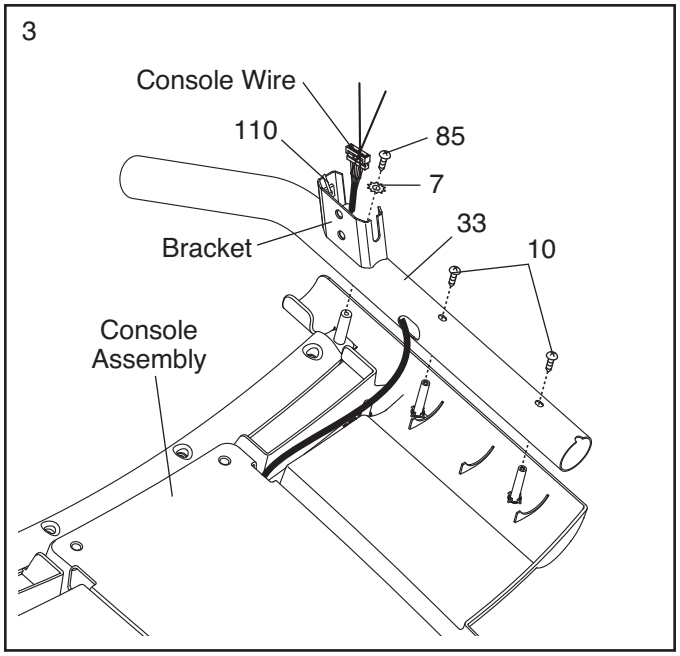
   Next, insert the console wire into the large hole in the side of the Right Handrail (33). Using needlenose pliers, carefully grasp the connector and pull the console wire out of the hole near the bracket on the Right Handrail.



3. Set the Right Handrail (33) on the console assembly. **Make sure that the console wire is not pinched.** Remove the tie from the bracket on the Right Handrail. If necessary, press the Cage Nut (110) back into place.

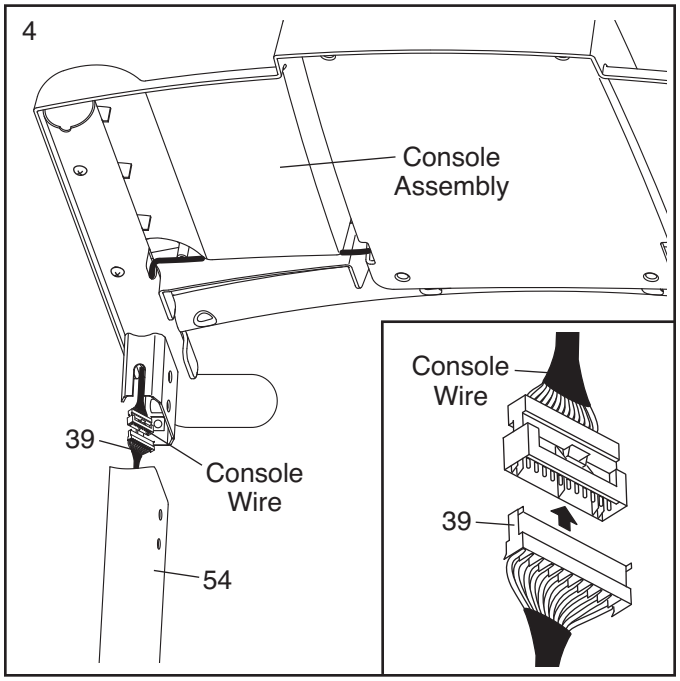
   Start an M5 x 16mm Screw (85) with an M5 Star Washer (7) into the Right Handrail (33), and then start two M4.2 x 19mm Screws (10) into the Right Handrail. **Tighten the M5 x 16mm Screw and then tighten the two M4.2 x 19mm Screws; do not overtighten the Screws.**

   Attach the Left Handrail (not shown) to the console assembly in the same way. Note: There is no wire on the left side.

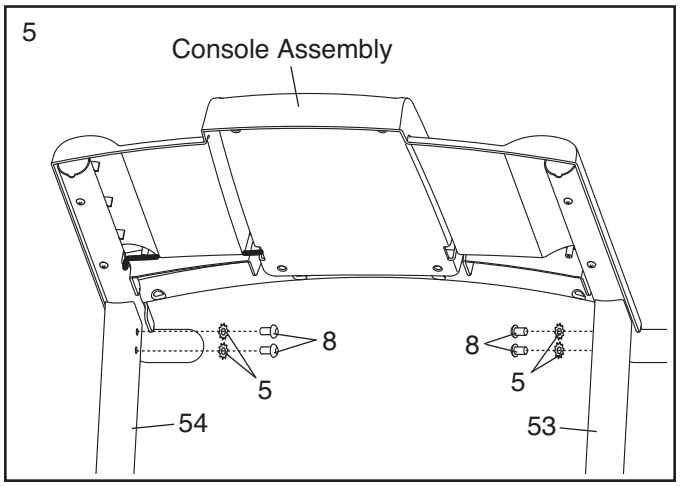


4. With the help of a second person, hold the console assembly near the Right Upright (54).

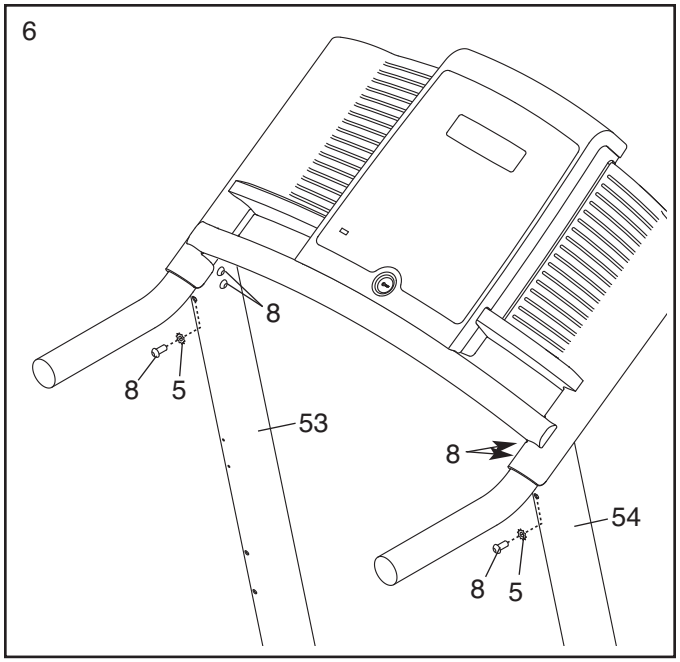
   Connect the Wire Harness (39) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** If there is a wire tie on the Wire Harness, remove the wire tie. Insert the connectors and the excess wire downward into the Right Upright (54).



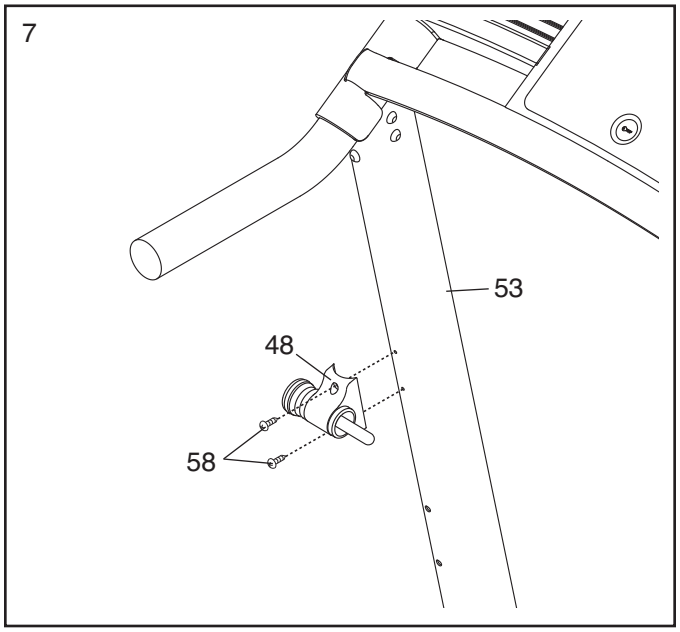
5. Set the console assembly on the Uprights (53, 54). **Make sure that no wires are pinched.** Start four M8 x 15mm Bolts (8) with four M8 Star Washers (5) into the Uprights as shown. **Do not tighten the Bolts yet.**



6. Start an M8 x 15mm Bolt (8) with an M8 Star Washer (5) into each Upright (53, 54). **Then, firmly tighten all six M8 x 15mm Bolts (8).**

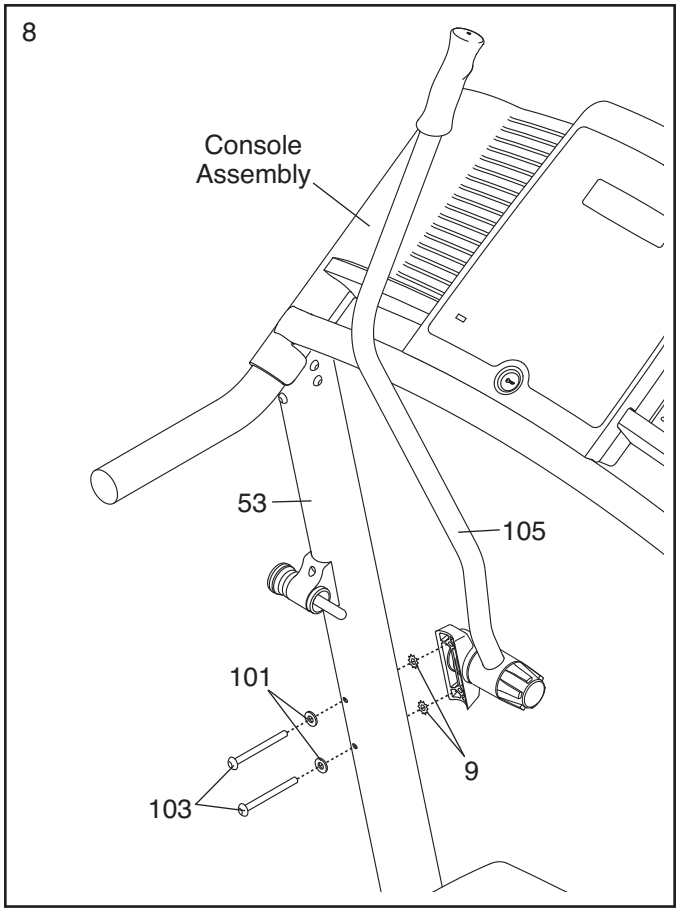


7. Attach the Latch Housing (48) to the Left Upright (53) with two M4.2 x 18mm Screws (58); **start both Screws, and then tighten both of them.**



8. Attach the Left Upper Body Arm (105) to the Left Upright (53) with two 1/4" x 3 1/2" Bolts (103), two 1/4" Flat Washers (101), and two M10 Star Washers (9). **Make sure that the Left Upper Body Arm is on the side of the console assembly shown.**

   Attach the Right Upper Body Arm (not shown) in the same way.



9. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see page 19). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

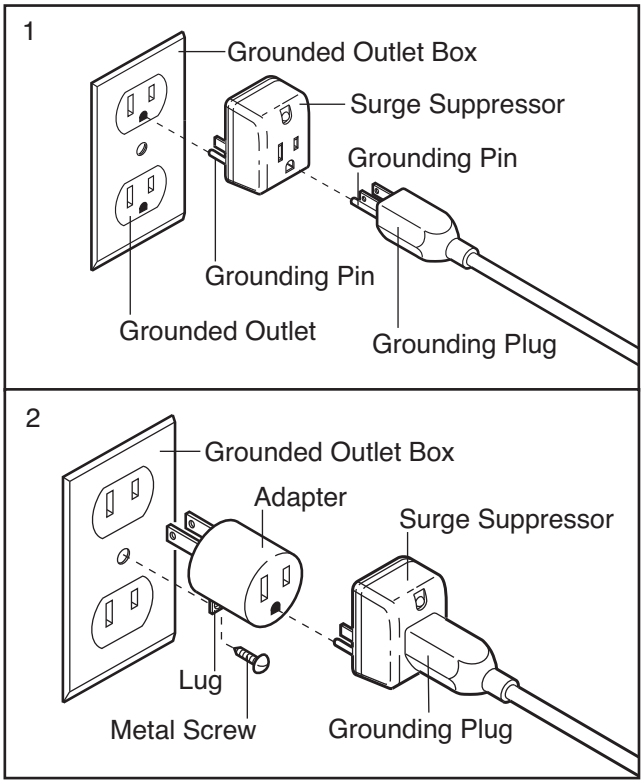
⚠ DANGER: Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. **To decrease the risk of damaging your treadmill, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see precaution 12 on page 3.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could damage the control system of the treadmill (see precaution 13 on page 3).

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

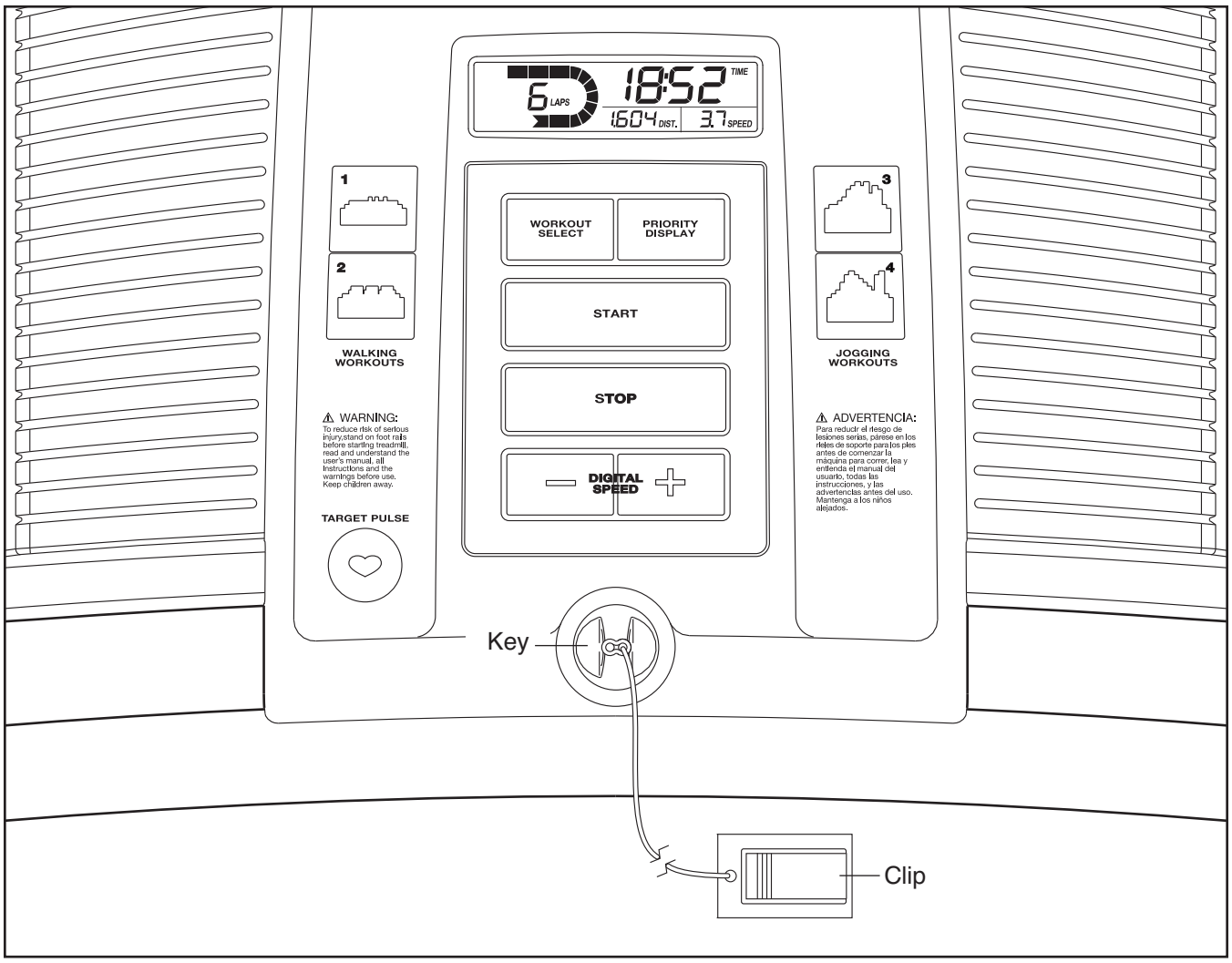
This product is for use on a nominal 120-volt circuit (see drawing 1). A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available (see drawing 2).



The temporary adapter should be used only until a properly grounded outlet (see drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. The adapter must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When the manual mode of the console is selected, the speed of the treadmill can be changed with the touch of a button. As you exercise, the displays will provide continuous exercise feedback. You can even measure your heart rate using the thumb pulse sensor.

The console also offers four preset workouts. Each workout automatically controls the speed of the treadmill as it guides you through an effective exercise session.

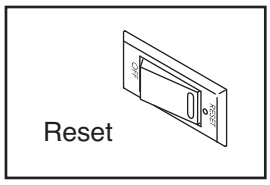
To turn on the power, see page 13. **To use the manual mode,** see page 13. **To use a preset workout**, see page 15.

IMPORTANT: If there is a sheet of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 19).

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 11). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.



Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 12), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER above.

2. **Select the manual mode.**

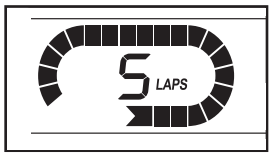
   When the key is inserted, the manual mode will be selected. If you have selected a preset workout, reselect the manual mode by pressing the Workout Select button repeatedly until only zeros appear in the displays.

3. **Start the walking belt.**

   To start the walking belt, press the Start button or the Digital Speed increase button. The walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Digital Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change by 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

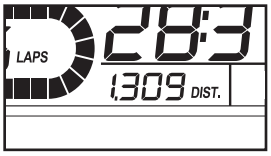
   To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button or the Digital Speed increase button.

4. **Follow your progress with the displays.**



The track—The track represents a distance of 1/4 mile (400 meters). As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession. The center of the track will show the number of laps that you have completed.

The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run. Note: When a preset workout is selected, the display will show the time remaining in the workout instead of the elapsed time.

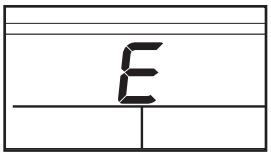


The lower right display—The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned.

The priority display—The upper display is the priority display. The priority display can show the elapsed time, the distance that you have walked or run, the speed of the walking belt, or the approximate number of calories you have burned. Press the Priority Display button repeatedly until the priority display shows the information that you are most interested in viewing. Note: While information is shown in the priority display, the same information will not be shown in the lower left or right display.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

Note: The console can display speed and distance in either miles or kilometers. To see which unit of measurement is selected, hold down the Stop button, insert the key into the console, and then release the Stop button. An E for English miles or an M for metric kilometers will appear in the priority display. Press the Digital Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.



5. **Measure your heart rate if desired.**

   To measure your heart rate, **stand on the foot rails** and place your thumb on the pulse sensor (see the drawing on page 12). **Do not press too hard, or the circulation in your thumb will be restricted and your pulse may not be detected.** When your pulse is detected, a heart-shaped indicator in the lower right display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold your thumb on the pulse sensor for at least 15 seconds.**

   If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb for a few seconds, and then reposition your thumb on the pulse sensor. Remember to stand still while measuring your heart rate.

6. **When you are finished exercising, remove the key from the console.**

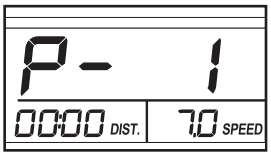
   Step onto the foot rails, press the Stop button, remove the key from the console, and put it in a secure place. When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PRESET WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 13.

2. **Select one of the four preset workouts.**

   To select a preset workout, press the Workout Select button repeatedly; "P- 1," "P- 2," "P- 3," or "P- 4" will appear in the priority display for a few seconds to show which workout is selected. The maximum speed of the workout and the duration of the workout will also appear in the display for a few seconds.

   Each workout consists of 30 one-minute segments. One speed setting is programmed for each segment. Note: The same speed setting may be programmed for consecutive segments. The profiles on the console show how the speed of the walking belt will change during the workouts.

3. **Start the walking belt.**

   Press the Start button or the Digital Speed increase button to start the workout. When you press the button, the treadmill will automatically adjust to the speed setting that is programmed for the first segment. Hold the handrails and begin walking.

   At the end of each segment, a series of tones will sound. If a different speed setting is programmed for the next segment, the speed setting will flash in the display to alert you and the treadmill will automatically adjust to the new speed setting. The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop.

   If the speed setting is too high or too low during the workout, you can manually override the setting by pressing the Digital Speed buttons; **however, when the current segment of the workout ends, the treadmill will automatically adjust to the speed setting for the next segment.**

   To stop the workout temporarily, press the Stop button. The time will begin to flash in the display. To restart the workout, press the Start button or the Digital Speed increase button. The walking belt will begin to move at 1 mph. When the next segment begins, the treadmill will automatically adjust to the speed setting programmed for the next segment.

4. **Follow your progress with the displays.**

   See step 4 on pages 13 and 14.

5. **Measure your heart rate if desired.**

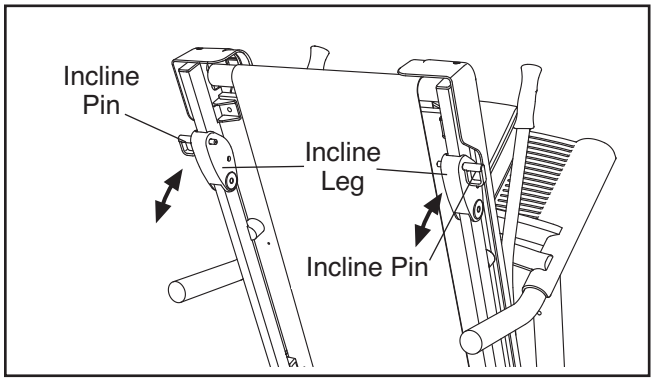
   See step 5 on page 14.

6. **When you are finished exercising, remove the key from the console.**

   See step 6 on page 14.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, you can change the incline of the treadmill. There are two incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see page 17).



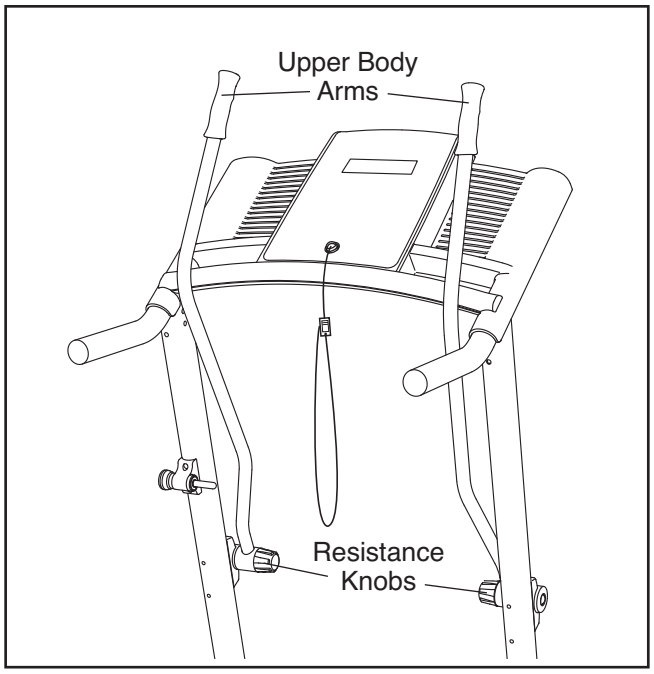
To change the incline, first remove the incline pin from one of the incline legs. Adjust the incline leg to the desired position, and then fully reinsert the incline pin. Adjust the other incline leg in the same way. **CAUTION: Before using the treadmill, make sure that both incline legs are at the same height and that both incline pins are fully inserted into the incline legs.**

After you have adjusted the incline legs, lower the treadmill (see page 17).

HOW TO USE THE UPPER BODY ARMS

As you walk on the treadmill, you can hold the handrails or use the upper body arms. To exercise your arms, shoulders, and back for a total body workout, move the upper body arms forward and back as you walk on the treadmill.

To vary the intensity of your upper body exercise, the resistance of the upper body arms can be adjusted. To increase the resistance, turn the resistance knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.

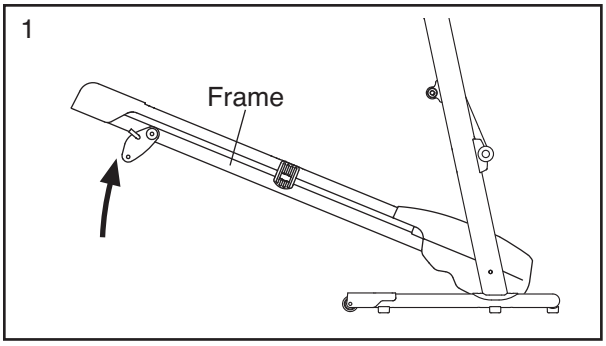


HOW TO FOLD AND MOVE THE TREADMILL

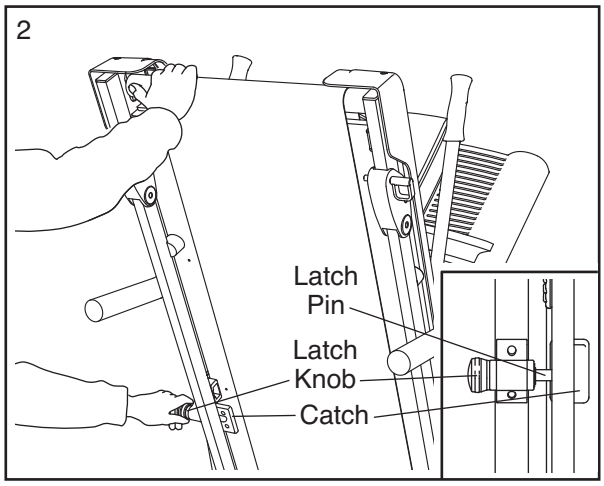
HOW TO FOLD THE TREADMILL

Remove the key and unplug the power cord.
CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.** Raise the frame about halfway to the vertical position.



2. Hold the treadmill firmly with your right hand as shown. Pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Then, slowly release the latch knob; **make sure that the catch is resting against the latch pin.**

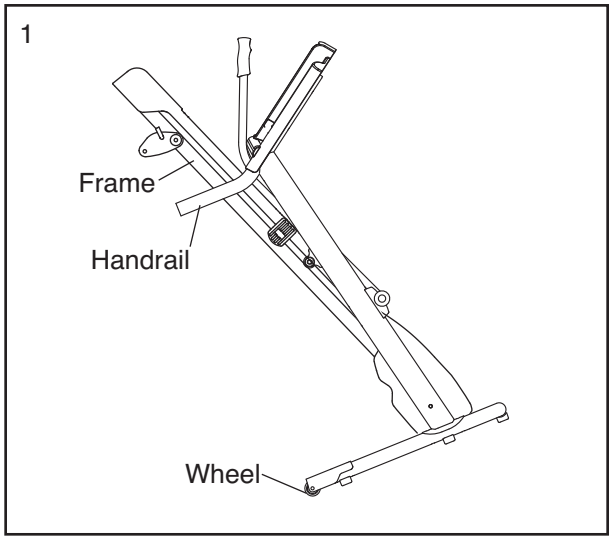


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the catch is resting against the latch pin. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Next, lower the frame until it is past the latch pin. Then, release the latch knob.

2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

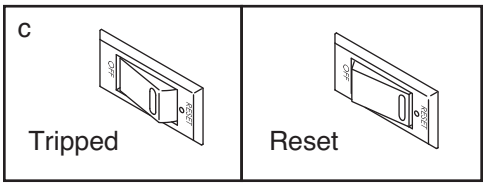
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the back cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the switch, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

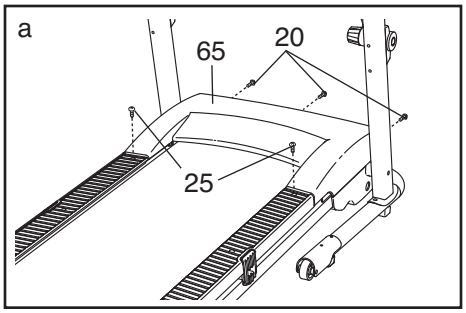
b. Make sure that the power cord is plugged in.

c. Remove the key from the console. Reinsert the key into the console.

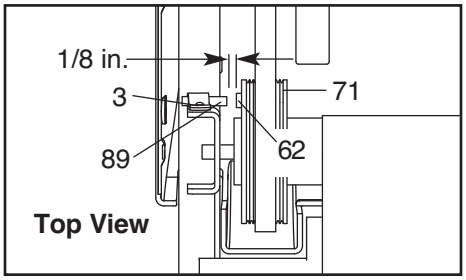
d. If the treadmill still will not run, please see the back cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the three indicated M4.2 x 19mm Washer Head Screws (20) and two M5.5 x 25mm Screws (25). Then, carefully remove the Hood (65).



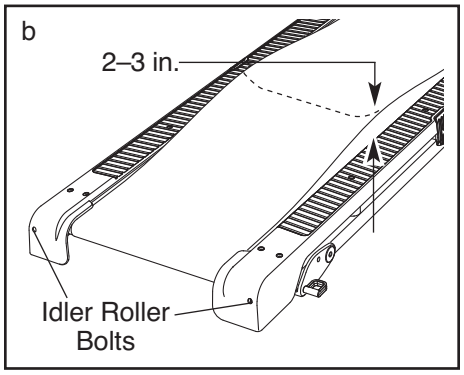
Locate the Reed Switch (89) and the Magnet (62) on the left side of the Pulley (71). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4.2 x 13mm Tek Screw (3), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.

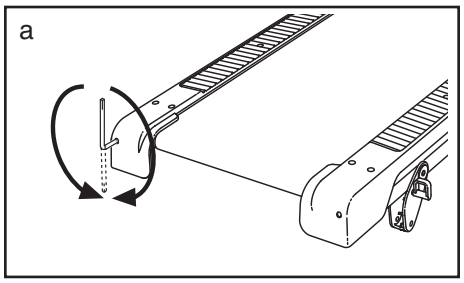
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



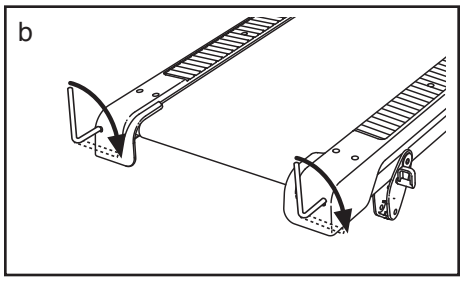
c. If the walking belt still slows when walked on, see the back cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt has shifted to the left,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn the left idler roller bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right,** turn the left idler roller bolt counterclockwise 1/2 of a turn. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

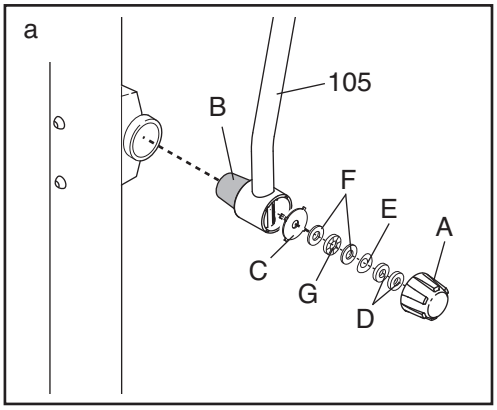


b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The upper body arms squeak during use

SOLUTION: a. (Note: Correcting this problem requires a small amount of white marine grease, available at hardware stores.) Turn the Resistance Knob (A) counterclockwise and remove it. Next, remove the Resistance Cone (B) and the Left Upper Body Arm (105), along with the Resistance Plate (C), Washers (D), Spring Washer (E), Thrust Washers (F), and Thrust Bearing (G). (Note: If the Resistance Plate [C] comes out of the Resistance Cone [B], press it back in.) Apply a **thin layer** of white marine grease to the outer surface of the Resistance Cone (B). Then, reattach all parts in the order shown at the right.



EXERCISE GUIDELINES

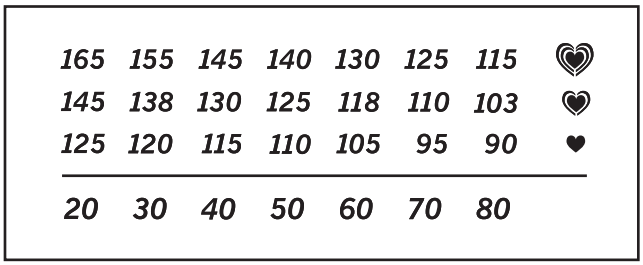
⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.



To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.24822.0

R0910A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

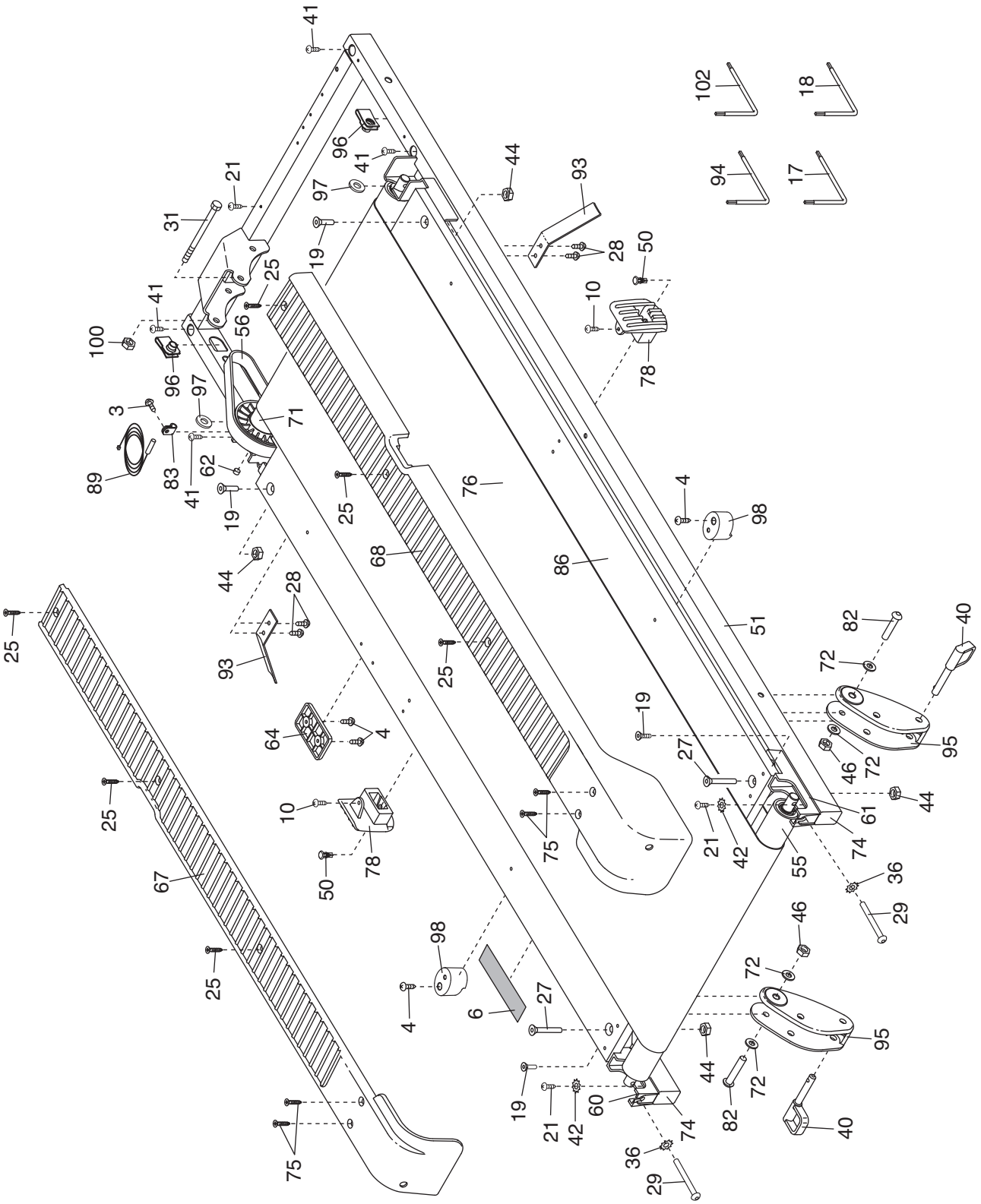
Key No.	Qty.	Description
1	2	M10 x 110mm Bolt
2	4	M10 x 58mm Bolt
3	2	M4.2 x 13mm Tek Screw
4	9	M4.2 x 16mm Screw
5	6	M8 Star Washer
6	1	Warning Decal
7	2	M5 Star Washer
8	6	M8 x 15mm Bolt
9	6	M10 Star Washer
10	10	M4.2 x 19mm Screw
11	2	Frame Spacer
12	1	Console Base
13	4	M6 x 58mm Bolt
14	2	M10 Flat Washer
15	1	Key/Clip
16	2	M10 Nut
17	1	6mm Hex Key
18	1	4mm Hex Key
19	4	M8 x 30mm Bolt
20	3	M4.2 x 19mm Washer Head Screw
21	6	M4.2 x 13mm Screw
22	1	Left Handrail
23	1	Upright Grommet
24	1	Latch Pin Assembly
25	6	M5.5 x 25mm Screw
26	6	M4.2 x 19mm Tek Screw
27	2	M8 x 35mm Bolt
28	4	M4.2 x 13mm Guide Screw
29	2	M6 x 70mm Bolt
30	2	1/4" Motor Bolt
31	1	M8 x 102mm Bolt
32	4	M6 Flat Washer
33	1	Right Handrail
34	2	M8 x 20mm Bolt
35	2	M10 x 65mm Bolt
36	2	M6 Star Washer
37	1	Power Switch
38	2	Motor Star Washer
39	1	Wire Harness
40	2	Incline Pin
41	4	M4.2 x 13mm Washer Head Screw
42	4	Electronics Star Washer
43	4	M6 Nut
44	6	Motor Tension Nut/Platform Nut
45	2	Wheel Housing
46	2	M8 Nut
47	3	Hood Clip
48	1	Latch Housing
49	1	Belly Pan Grommet
50	2	Cushion Fastener
51	1	Frame
52	1	Base
53	1	Left Upright
54	1	Right Upright
55	1	Idler Roller
56	1	Motor Belt
57	1	Electronics Bracket
58	2	M4.2 x 18mm Screw
59	1	Motor Bracket
60	1	Left Idler Roller Bracket
61	1	Right Idler Roller Bracket
62	1	Magnet
63	6	Base Pad
64	1	Catch
65	1	Hood
66	1	Belly Pan
67	1	Left Foot Rail
68	1	Right Foot Rail
69	4	Wheel Spacer
70	2	Wheel
71	1	Drive Roller/Pulley
72	4	M8 Flat Washer
73	4	M10 Nut
74	2	Frame Endcap
75	4	M5.5 x 30mm Screw
76	1	Walking Belt
77	4	Handrail Endcap
78	2	Platform Cushion
79	1	Drive Motor
80	3	Wire Tie
81	4	8" Tie
82	2	M8 x 52mm Bolt
83	1	Reed Switch Clip
84	2	M4 x 10mm Screw
85	2	M5 x 16mm Screw
86	1	Walking Platform
87	1	Controller
88	1	Console Crossbar
89	1	Reed Switch
90	1	Power Cord
91	1	Console
92	1	Releasable Tie
93	2	Belt Guide
94	1	5mm Hex Key
95	2	Incline Leg
96	2	U-nut
97	2	Drive Roller Washer
98	2	Rear Cushion
99	1	Power Cord Grommet
100	1	M8 Nut

Key No.	Qty.	Description	Key No.	Qty.	Description
101	4	1/4" Flat Washer	107	2	Handgrip
102	1	Hex Key	108	2	Resistance Assembly
103	4	1/4" x 3 1/2" Bolt	109	2	Upper Body Arm Insert
104	2	#10 x 3/4" Screw	110	2	Cage Nut
105	1	Left Upper Body Arm	*	–	User's Manual
106	1	Right Upper Body Arm			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. **If a part is missing, call 1-866-699-3756.** *These parts are not illustrated.

EXPLODED DRAWING A—Model No. 831.24822.0

R0910A



EXPLODED DRAWING B—Model No. 831.24822.0

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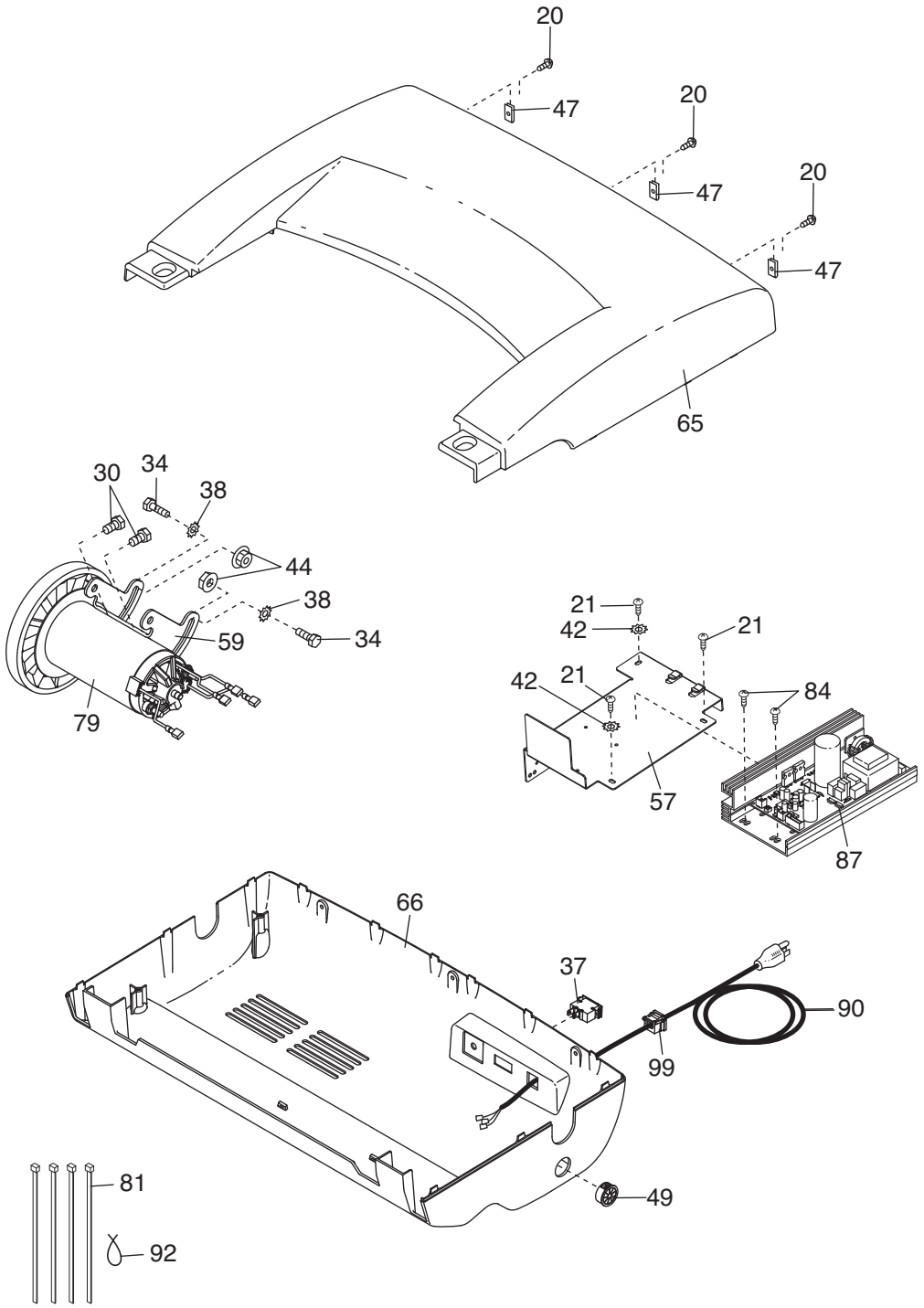

EXPLODED DRAWING C—Model No. 831.24822.0

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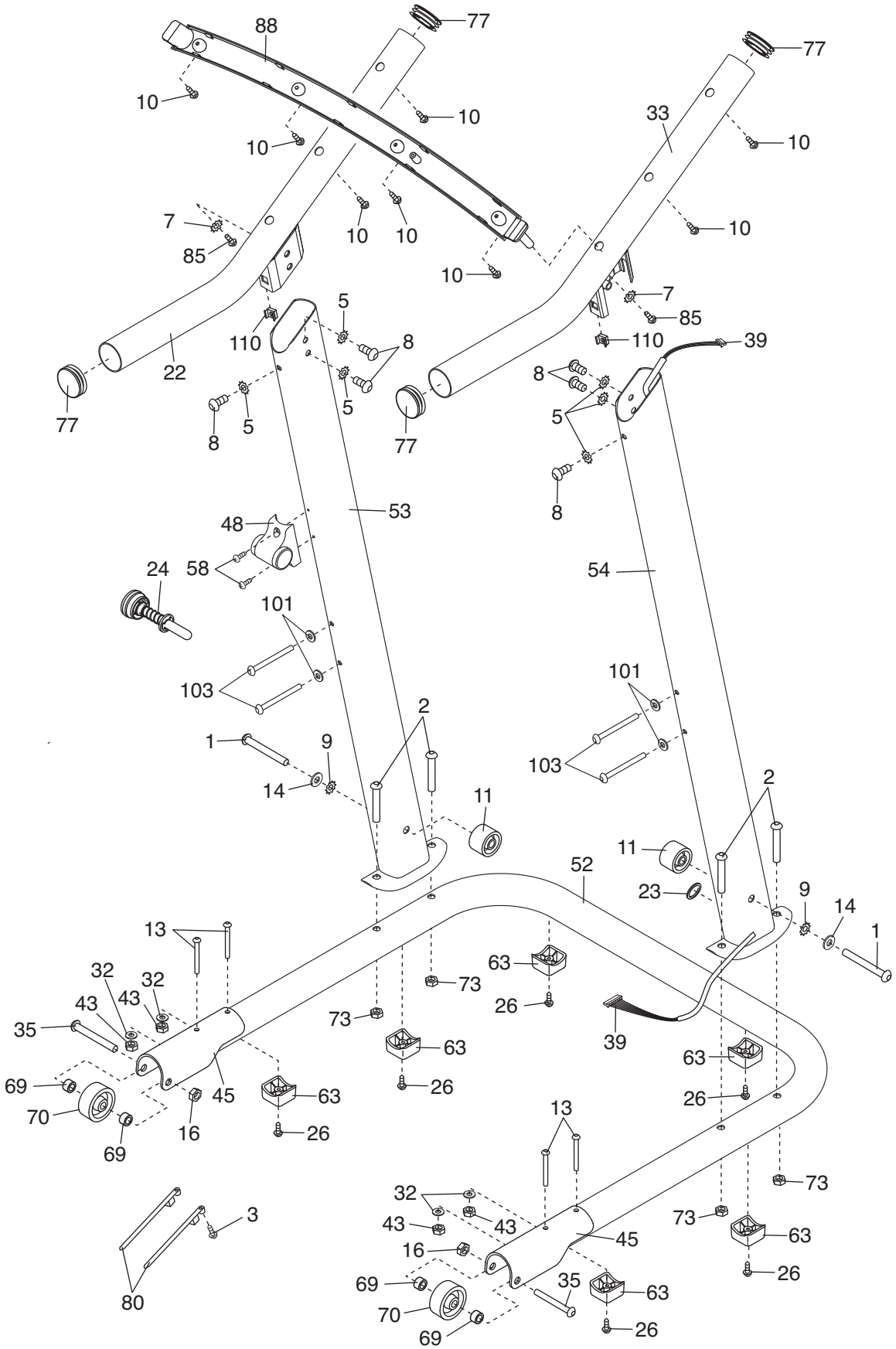

EXPLODED DRAWING D—Model No. 831.24822.0

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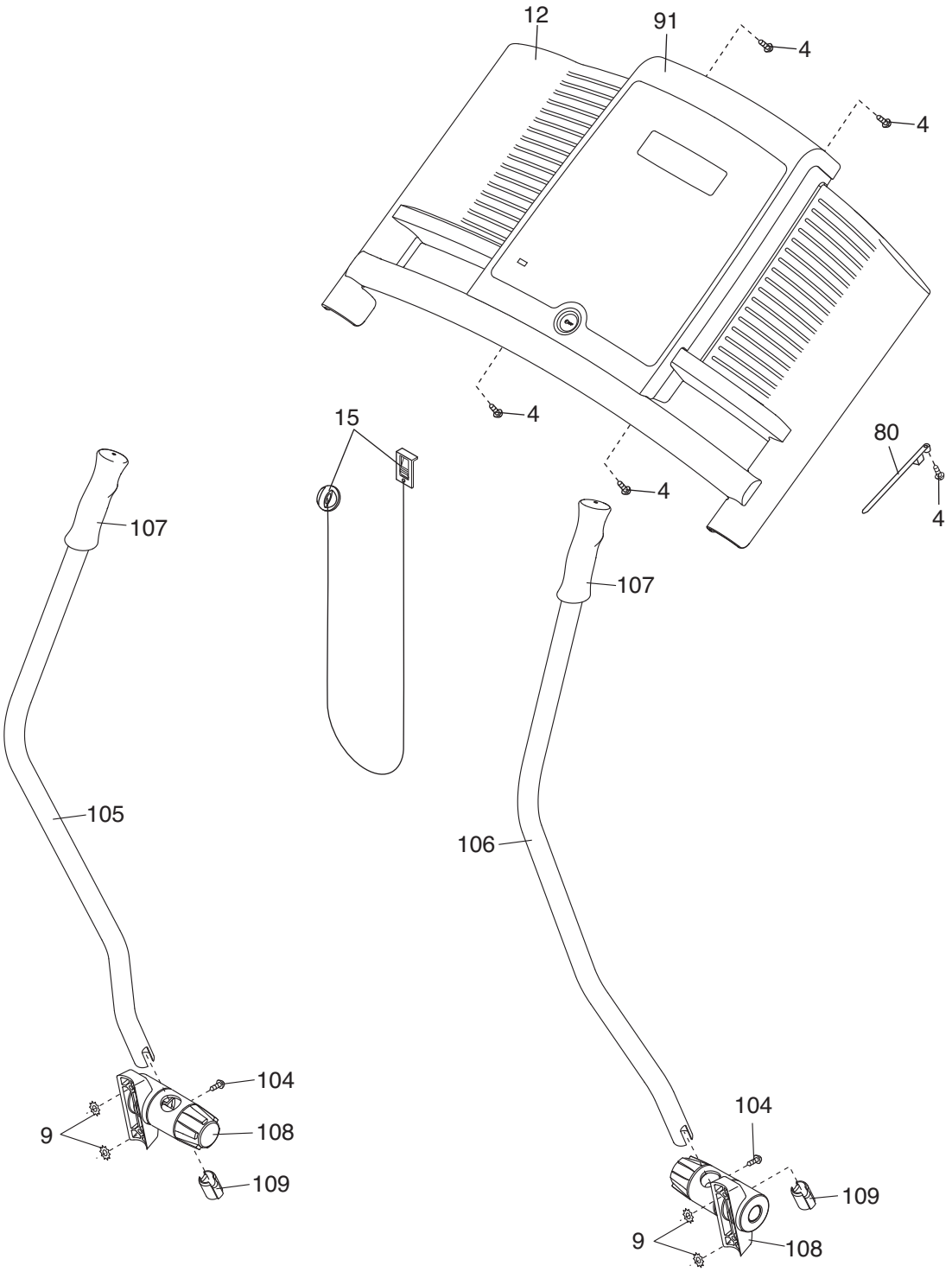

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90-DAY FULL WARRANTY

If this Sears Treadmill Exerciser fails due to a defect in material or workmanship within 90 days of the date of purchase, call 1-800-4-MY-HOME® (1-800-469-4663) to arrange for free repair (or replacement if repair proves impossible). The frame and drive motor are warranted for a lifetime.

This warranty does not apply when the Treadmill Exerciser is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Sears, Roebuck and Co., Hoffman Estates, IL 60179

Part No. 305488 R0910A

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